## CHILD ABUSE PREVENTION MONTH APRIL 2018

Read Me First! Building Brighter Childhoods is this year's prevention theme for Child Abuse Prevention Month in Virginia. It highlights the fact that every child should be valued. The 2018 packet is filled with resources that can help parents and caregivers as they nurture, communicate with and support the children and youth they are raising. It also contains information and statistics that can help your community understand why prevention is important and how citizens can help.

## 2018 PACKET CONTENTS

### **LEFT SIDE POCKET**

- 1. Packet Contents Read Me First!
- 2. Fact Sheet
- 3. Moments in Virginia
- 4. Introduction to Families Forward Virginia
- 5. Proclamation
- 6. Side 2 Sample Press Release
- 7. Survey PRIZE DRAWING for completed surveys!
- 8. Recognizing Child Abuse

### COMMUNITY

9. Using ACE Screen to Identify Childhood Trauma

10. Behaviors and Symptoms of the Autism Spectrum

#### **PARENTS & CAREGIVERS**

- 11. Self-Care Tips for Parents
- 12. Choosing the Right Partner
- 13. 15 Tips for Successful Visitation
- 14. Keep Cell Phones Away From Babies

#### **SAFETY**

- 15. Summer Safety Tips
- 16. Tips To Keep Children Out of Hot Vehicles
- 17. Gun Safety Tips

# RIGHT SIDE POCKET

18. Color Poster – Building Brighter Childhoods

# PARENTING & CHILD DEVELOPMENT

- 19. Breastfeeding Tips When Working
- 20. Weaning Baby From Breastfeeding
- 21. 7 Ways A Child Builds Self Esteem
- 22. Technology Tips for All Ages
- 23. Tips to Take Technology
  Off the Table
- 24. Helping Your Child With Homework

- 25. Grocery Shopping with Young Children
- 26. 20 Ways to Make Healthy Eating Fun
- 27. What Parents Can Say to Prevent Child Sexual Abuse
- 28. How Boys Are Affected by Sexual Abuse
- 29. Opioids: Parenting and Resources
- 30. Knowing When and How to Choose a Therapist for Your Teen
- 31. Connecting With Traumatized Teens

# Don't Forget to Fill Out Your Survey!

# ...in Print or Online

When submitted, your name will be placed in a drawing for a \$50.00 prepaid gift card.

Completing the survey in the left pocket is very important.

We use your responses to plan for next year's packet.

You may mail, fax or scan the printed survey or visit this web address to take the survey online:

# www.pcav.org/2018-child-abuse-prevention-month-survey

We appreciate receiving copies of the materials you produce and distribute during Prevention Month, clippings from your local newspaper, and pictures.

# How to Use the Packet

Use the packet as you organize your observance of Child Abuse Prevention Month 2018. The parenting tips, child development information and other flyers included can be duplicated or reprinted. There is also a sample press release and a Proclamation for your use. Feel free to customize the packet materials by adding information about your local program or inserting the name of your group.

# Find Prevention Information on the Web

You can find the latest statistics and other prevention information on the Virginia Department of Social Services web site (in color or black/white format):

# www.dss.virginia.gov/family/prevention.cgi

You can also download this entire packet (in color or black/ white format) from the Prevent Child Abuse Virginia web site, **www.pcav.org** or on the Virginia Department of Social Services web site listed above.